



RECREATION DEPARTMENT

*The Heart of the Neighborhood*



## Programming for individuals with developmental disabilities

Volume 4 Issue 19

# September / October

## 'Monster Mash Dance

*When:* Saturday, October 28, 2006

*Where:* Norman Park Center  
270 'F' Street, Chula Vista

*Time:* 7:00 P.M. - 9:00 P.M.

*Fee:* Members: FREE!!

Residents: \$5.00

Non-residents: \$6.00



Join us for a night of fun, dancing & refreshments.  
Prizes for best Costume, Scariest, and Best Dancers!

For more information call:  
(619) 409-5800

## Cooking Class

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**Parkway Community Center – Kitchen**

**373 Park Way**

**Saturdays, September 16 & 30 / October 14 & 21**

**11:00 A.M. - 1:00 P.M.**

**Ages: 6–Adult**

Join our newly structured healthy cooking class. Class will meet twice a month and focus on table set-up, food preparation, nutrition education and clean-up skills.

**Call (619) 409-5800 register.**

**NEW!!!**



**SEPTEMBER 16– SMOOTHIES / LOW-FAT MUFFINS**

**30 – PASTA / TOSSED GREEN SALAD**

**OCTOBER 14 – LOW-FAT YOGURT SURPRISE**

**21 – LOW-FAT PUMPKIN BREAD**

## Health, Wellness & Education

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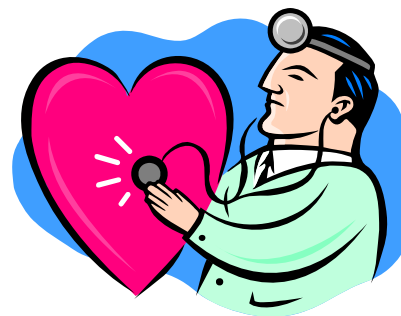
**Chula Vista Woman's Club**

**357 'G' Street**

**Dates: To Be Announced**

Coming soon...health, wellness, educational and support talks. Professionals from all expertise will present informational sessions and provide resources for you and your family. We would like to hear what topics are of concern to you.

Please call with suggestions: **(619) 409-5800**



## Club Rec

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**Chula Vista Woman's Club**

**357 'G' Street**

**6:00 P.M. - 8:00 P.M.**

**Ages: 13–Adult**

**New Program!!!**

Join us for a new Sports Program!! This program will focus on a different sport each week and will include warm-up exercises and stretching. Participants will learn rules, offense and defense of a sport. Improve your motor skills and coordination while having fun playing. Please wear comfortable clothing, tennis shoes, and bring a water bottle to hydrate yourself.



**SEPTEMBER 7 – DODGEBALL**

**14 – WHIFFLEBALL**

**21 – AEROBICS**

**OCTOBER 5 – INDOOR SOCCER**

**12 – FLOOR HOCKEY**

**19 – KICKBALL**

## Leisure Bowling

**Brunswick Premier Lanes**  
**845 Lazo Court, Chula Vista**  
**Sundays, September 17 - December 3**  
**3:30 P.M. - 5:30 P.M.**

*New Session!!!*

To help staff prepare and arrange for the proper amount of bowling lanes, call to let us know if you plan to attend this session.  
**(619) 409-5800**

Join us for a new 10- week session of bowling fun! Leisure bowling is designed for active children, teenagers, and adults with developmental and physical disabilities.  
Awards & pizza party are held the last day of the session.

**MEMBERS:** \$22.00 registration + \$6.00 weekly bowling fees  
**RESIDENT:** \$25.00 registration + \$6.00 weekly bowling fees  
**NON-RESIDENT:** \$31.00 registration + \$6.00 weekly bowling fees

**NOTE:** Bowling fees must be paid in cash.

**No Bowling**

**September 24 & November 26**

## Free Style Dance

**Chula Vista Woman's Club**  
**357 'G' Street**  
**Wednesdays, October 25 - December 13 *New Session!!!***  
**6:00 P.M. – 7:00 P.M.**

Learn basic hip-hop steps, line dances & movements to your favorite tunes in this 8- week dance class. It's a fun way to exercise and learn new dance steps designed for individuals 6 and up with developmental disabilities.

**COST:**  
**Members: \$20.00**  
**Resident: \$24.00**  
**Non-resident: \$30.00**



## Therapeutics Membership

*Now  
Accepting 2006-2007*

Membership is not required to attend recreation programs.  
Optional yearly membership is accepted September '06– August '07.

Take advantage of the benefits:

Free Dances, Discounts on Fieldtrips & Classes, Special Events!!

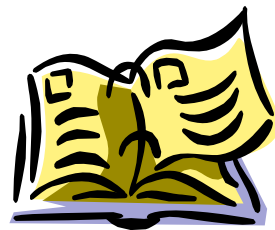
**Member T-shirt is included with registration.**

**RESIDENTS:** \$40.00  
**NON-RESIDENTS:** \$50.00

Membership is accepted at our programs *or* by mail.

**Note:** New location of Therapeutics Office.

City of Chula Vista  
Recreation Department  
Attn. Therapeutics Section  
373 Park Way  
Chula Vista, CA 91910



Make checks payable to:

**City of Chula Vista**

### **Community Access Program**

The Community Access Program (CAP) is a recreational project designed to provide social/leisure opportunities for individuals who need specialized accommodations in order to participate. CAP partners with the Chula Vista

Recreation Department once a month and provides door-to-door wheelchair accessible transportation and one-to-one supervision for selected Therapeutic activities ~ at no charge.

For details call: the CAP office:  
**(619) 267-7054**

### **Inclusion Philosophy**

The City of Chula Vista Recreation Department is dedicated to serving the needs of the community through inclusive programming. Persons with special needs are encouraged to participate in Department programs. 2 week notice required for assistance.

Contact Recreation Supervisor, Carmel Wilson, C.T.R.S.  
at (619) 409-5800.

### **SPECIAL THANK YOU TO THE FOLLOWING:**

#### **Von's Grocery**

Travis Stratton  
505 Telegraph Canyon Rd.  
Chula Vista, CA 91911

#### **NICE GUYS OF SAN DIEGO**

P.O. Box 881456  
San Diego, CA 92168

#### **Blackie's Trophies & Awards**

Mr. Bill Black  
263 3rd Ave.  
Chula Vista, CA 91910  
(619) 585-4830

#### **North Island Credit Union**

Mrs. Susan Skillman  
45 North Broadway  
Chula Vista, CA 91910  
(619) 656-7274

#### **Athletes Helping Athletes**

Fiona  
5549 Copley Drive  
San Diego, CA 92111

#### **DPR - Construction, Inc.**

Mr. Eric Cusik  
6333 Greenwich Dr.,  
Suite 170  
San Diego, CA 92122  
(858) 597-7070

#### **Food-4-Less**

Kye Downey  
660 Palomar St.  
Chula Vista, CA 91911



CITY OF  
**CHULA VISTA**

Recreation Department  
Therapeutics Section  
Parkway Community Center  
373 Park Way  
Chula Vista, CA 91910  
Phone: (619) 409-5800  
[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)